

RANGER ULTRAS



PEAK DISTRICT SOUTH & NORTH 41 / 52 / 93 KM ULTRA TIME TRIAL COVID-19 BRIEFING & SAFETY PLAN 2020

Welcome to the 2020 Peak District South & North 41 / 52 / 93km Ultra Time Trial

We have been keeping a close watch on the developing Covid-19 situation and associated Government rulings. Ranger Ultras are also members of the Trail Running Association (TRA) which comes under the umbrella of England Athletics (EA). The TRA and EA have given specific guidance regarding the resumption of trail running events.

Currently, mass start races are still not permitted under TRA / EA Covid specific rules. However, a main concession is that trail running races may now resume in a Time Trial (staggered start format). While the Peak District South & North is still some weeks away, we feel that it is an appropriate and measured response to move to a Time Trial format for this event in November 2020.

Unfortunately, we discovered that our regular HQ venue booking had been cancelled due to Covid, but this was not communicated to us until recently. Since then we have been intensely reworking our course routings, race permits, risk assessments and safety plans to bring you a viable alternative which remains in the spirit of the Peak District South & North.

We're very pleased to let you know that we now have an alternative race HQ booked for the weekend. This has necessitated a course change on each day. But, Stage 1 will still explore the White Peak and Stage 2 the Dark Peak. So, overall, the terrain and physicality of the challenge on each day remain the same. This, along with the time trial format, has also enabled us to start and finish in the same location. Thus, for this edition of the PS&N, there will be no need for a coach transfer to the start on either day. The benefit to you as a racer, a longer start time window and more generous cut offs.

Finishers of October's Y3PU 100km and November's PS&N will be eligible for the 2020 Ranger Ultras Grand Slam contest. This year the 2020 Grand Slam consists of Y3PU100km, Peak District South & North Stage 1 and 2. The fastest cumulative Male & Female times from finishers of all the Grand Slam races will be awarded a special prize.

Please read on through this special briefing for the amended TT timings and specific Covid-19 safety measures. For the benefit and peace of mind of everyone on the day, runners and Ranger Ultras volunteer team members alike, it is a condition of participation that competitors agree with and comply with these proportional safety measures.

RANGER ULTRAS



PEAK DISTRICT SOUTH & NORTH 41 / 52 / 93 KM ULTRA TIME TRIAL COVID-19 BRIEFING & SAFETY PLAN 2020

In essence, these are minor changes to the overall PS&N experience and returning PS&N runners have the opportunity to enjoy some different trails this year. It is our intention that these measures do not detract from our usual offering of great day's trial running, made possible in these difficult times.

We look forward to seeing you.

Stu Westfield (Covid Coordinator)
Peter Lowton

Race Directors
Ranger Ultras

email: rangerexped@gmail.com
mobile: 07890 620274

This safety plan / participant briefing document follows current England Athletics guidance regarding special Covid-19 measures.

Before The Race

Existing entries: You can now select 'amend my entry' by logging into Si-Entries and choose a starting time window to the nearest 5 minutes.

New entries: You can choose your start time on booking

Please note: If you can't make your exact starting slot on the day. This is not a problem, you will not be penalised. You may have to wait a few minutes until the next starting slot.

On the day we will be starting runners as they present themselves to the start gate every couple of minutes (with maximum 6 runners starting at any time)

Please note: Arrive approx 30 minutes before your start time window to allow for registration, number issue, tracker issue and kit check.

Accommodation note: We do not have permission or overnight sleeping at the Race HQ. So unfortunately, we cannot offer this free facility in 2020. There are lots of Hayfield and locally available accommodation options: The Royal Hotel, The Sportsman Inn, The George Inn, private B&Bs. The nearest YHAs are Edale and Castleton. The nearest open campsite is Fieldhead in Edale.

RANGER ULTRAS



PEAK DISTRICT SOUTH & NORTH 41 / 52 / 93 KM ULTRA TIME TRIAL COVID-19 BRIEFING & SAFETY PLAN 2020

Competitors should not attend the PS&N if:

- If they have symptoms of Covid-19
- Government / Local Authority rulings state that they are subject to local lockdown.
- Government rulings state that they are subject to quarantine after returning from overseas countries.
- They are advised not to by a medical practitioner, social worker or other professional.

While we have every sympathy for participants affected, we are sorry but we cannot absorb the cost of individual participants who are caught up in Covid related circumstances beyond our control. We are committed to the 2020 PSN event and this year's participant's entry fees have already been invested into the race. Hence, deferrals are not possible, as this would double the event costs per entry.

Our terms and conditions for participants who are unable to race, for any reason, remain as:

- [Ref #5] The Option A & B, Individual 41km & 52km Stage entry of £55 (£57 unaffiliated) includes a non-refundable deposit of £25. I understand that The Option C, 100km Race entry fee of £85 (£87 unaffiliated) includes a non-refundable deposit of £40
- [Ref #6] If I choose to cancel my entry up to 30 days (Friday 30th October 2020) prior to the event. I will be entitled to a refund of £30 (£32 unaffiliated) for the Option A& B Individual Stage Races, £45 (£47 unaffiliated) for the Option C Full Race.
- [Ref #7] Race event entries may be transferred to another person (within the same race held on the same date and year) up to 3 days prior to the event. A charge of £20 will be made by Ranger Ultras to cover administration costs and time. It will be the responsibility of the outgoing participant to inform Ranger Ultras in writing of their intention to transfer their entry and name of the person receiving that entry. It will be the responsibility of the recipient to provide either an Si-Entries number or additional information necessary for Ranger Ultras, in addition to the £20 administration charge, before the transfer can be completed. Ranger Ultras will not engage, be responsible for, or party to, any exchange of monies between the incoming recipient and the outgoing participant.

Should the race not be able to proceed at all due to Covid circumstances beyond our control. Eg local lockdown or another national lockdown. Our promise to you is that we will offer the following options:

1. Straight transfer to the 2021 Peak District South & North Ultra
2. Credit to the value of your race entry towards any of our future Ranger Ultras Trail Running Races or Ranger Expeditions guided challenge walks.
3. Refund of race entry, minus Si-Entries booking and card processing fees.

RANGER ULTRAS



PEAK DISTRICT SOUTH & NORTH 41 / 52 / 93 KM ULTRA TIME TRIAL COVID-19 BRIEFING & SAFETY PLAN 2020

Meanwhile we are very focussed on success and doing everything we can to continue to put on quality, safe, enjoyable and engaging races for trail runners.

What you should bring to the race

- Personal hand sanitiser
- Personal face covering
- All compulsory kit (Kit checks will take place. Please see specific pass / fail criteria in kit notes below.
- To allow us to optimise the HQ space, please arrive with your race kit ready in advance, rather than requiring a large area to spread out.
- Please Note: Be prepared to be more self-sufficient this year regarding your trail snacks. We will have water top ups (only race marshals to handle water containers) refreshments and snacks available on the course but these will be in individual packaging and hence not the variety that we have traditionally been able offer.

Arriving at Race HQ

- In line with TRA/EA guidance, please ask spectators and family members to remain outside of Race HQ. There are several pubs and cafes in Hayfield where your friends and family can use wifi to log onto the race tracking web page.
- Please arrive as much as possible ready to race with minimal additional luggage in HQ
- Wear face covering
- Remain socially distanced from other participants
- Follow one-way system through:
 - Registration
 - Race Number Collection
 - Kit check
 - Tracker fitting
 - Left luggage bag storage
 - Toilets (optional)
 - Tea, coffee, snacks
 - Time Trial start area
- Please keep face covering on until established on open trails.
- Likewise, put face covering on finishing approach to Race HQ

RANGER ULTRAS



PEAK DISTRICT SOUTH & NORTH 41 / 52 / 93 KM ULTRA TIME TRIAL COVID-19 BRIEFING & SAFETY PLAN 2020

Out on the course

- Athletes encouraged to pull up their face covering when in proximity to other athletes, event volunteers and members of the public
- Overtaking procedure (Other athletes): Overtaking athletes briefed to make their position known to other athletes by calling 'Overtaking on your right side' and waiting for the athlete ahead to move to the left side of the trail when safe for them to do so.
- Overtaking procedure (Members of the public): Please remember that members of the public have equal right of way. Overtaking athletes to make their position known to members of the public courteously by politely calling 'Overtaking on your right side please' and patiently waiting for space to be made available.

Race Timings

FRIDAY

To simplify competitor's travel and accommodation arrangements there will no longer be 'evening before the race' checks this year. All number issue, tracker issue and kit checks will be done on Saturday morning (Stage 1) / Sunday morning (Stage 2)

SATURDAY & SUNDAY

Parking note

Sett Valley Car Park, Station Road, Hayfield, SK22 2ES. All day £4-80 cash only* Open 24 hours.

Please do not park in the Royal Hotel car parking spaces, unless you have a room booked there. Also, do not park in the village centre, especially Church Road as this causes congestion. We wish to remain on good terms with our neighbours for future events.

To get to race HQ. From Station Road car park, cross over the by-pass pedestrian crossing, past the church and over river bridge to The Royal Hotel car park. The cricket club pavilion is on the far side of the white fence. Total 2 minutes' walk.

(* details from local authority website, correct as at July 2020. Please check at payment point for subsequent amendments to charges and timings etc)

RANGER ULTRAS



PEAK DISTRICT SOUTH & NORTH 41 / 52 / 93 KM ULTRA TIME TRIAL COVID-19 BRIEFING & SAFETY PLAN 2020

SATURDAY - STAGE 1 (note amended timings for TT format)

Race HQ: Hayfield Cricket Club, Hayfield, High Peak, Derbyshire, SK22 2LD

07:00 onward - Race HQ open for Registration and Kit Checks

08:00 to 10:00 Race Start time window. To move through kit check, number issue, tracker issue etc: Please aim to arrive 30 minutes before your chosen start time allocated at enrolment with Si-Entries. To help maintain social distancing and maximise time allowance, we suggest slower paced runners arrive earlier. Once through registration and kit check, runners will be called to the starting area every couple of minutes in maximum groups of 6.

22:00 (up to 14 hours elapsed race time) race finish cut off time

SUNDAY – STAGE 2 (note amended timings for TT format)

Race HQ: Hayfield Cricket Club, Hayfield, High Peak, Derbyshire, SK22 2LD

07:00 onward - Race HQ open for Registration and Kit Checks

08:00 to 10:00 Race Start time window. To move through kit check, number issue, tracker issue etc: Please aim to arrive 30 minutes before your chosen start time allocated at enrolment with Si-Entries. To help maintain social distancing and maximise time allowance we suggest slower paced runners arrive earlier. Once through registration and kit check, runners will be called to the starting area every couple of minutes in maximum groups of 6.

23:00 (up to 15 hours elapsed race time) race finish cut off time

SATURDAY & SUNDAY

Race Results: The timekeepers provisional results board will be on view at Race HQ
Full verified results will be emailed to all participants and published online within 7 days of race completion: Ranger Ultras website & Ranger Ultras Facebook page.

Winners & category trophies: Will be presented soon after the last runner has finished. If the winner / cat winner has left for home we will post trophies onward.

Race HQ will be staffed throughout the event. Tea, coffee, soft drinks, soup and light refreshments will be available to racers on return to HQ

RANGER ULTRAS

PEAK DISTRICT SOUTH & NORTH 41 / 52 / 93 KM ULTRA TIME TRIAL COVID-19 BRIEFING & SAFETY PLAN 2020



WHAT'S INCLUDED?

- Ranger Safety Team Support
- Navigation notes
- GPX files emailed to all entries
- Stage 1 at 9km RUSHUP EDGE: Snacks, water
- Stage 1 at 18km A623 MOUNT PLEASANT: Snacks, water
- Stage 1 at 24km CASTLETON: water
- Stage 2 at 9km A57 outbound: Snacks, hot drink, water
- Stage 2 at 25km WOODHEAD TUNNEL TURN: Snacks, water
- Stage 2 at 40km A57 return: Snacks, hot drink, water
- At HQ: Tea / coffee / soft drinks, pizza
- Finishers Medals (Stage 1 and Stage 2 races)
- Trophies for 1st Male and 1st Female (Stage 1, Stage 2, Overall)
- Age Cat Trophies 20-25, 26-49, 50+ (Overall)

LOOKING AFTER THE TRAIL AND COUNTRYSIDE WITH LOW IMPACT RACES

Please:

- Stay within the width of the definitive public right of way
- Close all gates properly, unless they are tied open by the landowner
- Be courteous to other trail users and members of the public
- Do not litter. Your packaging may be left with a race marshal or at Race HQ
- Do not sit on or damage walls
- Do not pick flowers. Take nothing but photos, leave nothing but footprints
- Observe local bye-laws, where notified

TRAIL RUNNING ASSOCIATION & ENGLAND ATHLETICS

Ranger Ultras is affiliated with the Trail Running Association (TRA) and England Athletics (EA). The PS&N Ultra is organised with (special organised Time Trial) race permit from the TRA and under EA rules



RANGER ULTRAS



PEAK DISTRICT SOUTH & NORTH 41 / 52 / 93 KM ULTRA TIME TRIAL COVID-19 BRIEFING & SAFETY PLAN 2020

COMPULSORY KIT LIST

THE KIT (worn or carried)

This is

- Suitable backpack
- Waterproof jacket with hood or additional head covering
- Waterproof trousers
- Insulating hat and gloves / mitts
- Wicking base layer (not cotton)
- Long sleeve mid-layer(s) appropriate for the weather conditions
- Appropriate footwear for mountain trail running
- Hard copy or colour print out of Ordnance Survey type map covering the Race Distance (e.g.: OS OL1 & OL24 (for Stage 1), OS OL1 [for Stage 2], Harveys Maps).
(note: paper print outs must be waterproofed, either laminated or in waterproof map case)
- Navigation compass of base plate design
(note: button compass will fail kit check)
(note: a mobile phone app or watch compass is not an acceptable alternative to base plate navigation compass)



**Example base plate type compass
PASS kit check**



FAIL kit check

- Head torch and spare batteries
- Hi viz reflective strip or backlight attached to rear of rucksack
- Whistle

Continued...

RANGER ULTRAS



PEAK DISTRICT SOUTH & NORTH 41 / 52 / 93 KM ULTRA TIME TRIAL COVID-19 BRIEFING & SAFETY PLAN 2020

- Emergency bivvy bag, foil or polythene survival bag.

(note: foil blanket is not acceptable and will



fail kit check)

Example: PASS kit check



Example: PASS kit check

- Fluid container for sufficient non-alcoholic drinks
- Hill food to sustain you for the race.
- First aid kit containing: One 5cm x 5cm wound dressing, one roll of tape or bandage, antiseptic spray / wipes, blister kit. Your regular prescription medication (these should be in original package and of a quantity sufficient for the period of the race. And declared on your entry form, in case of incident on the day).
- Mobile Phone (fully charged).
- Litter bag to put all rubbish generated by yourself (you can empty rubbish bags at road checkpoints or HQ)

- OPTIONAL: GPS
- OPTIONAL: Unbreakable Mug (for on course drinks, we do not use single use disposable plastic cups)
- OPTIONAL: Walking poles are allowed

- NOTE 1: This is a minimum compulsory kit list, applicable to all competitors. Participants should pre-review the forecast weather conditions and add such items as necessary to keep warm, dry, fed and hydrated whilst on the trail. More race details on: <http://rangerultras.co.uk/>
- NOTE 2: There will be random kit checks on the course. Any competitor not carrying essential items of safety equipment will be disqualified from the race.
- NOTE 3: Kit missing or fails the basic stated standard = no race.

RANGER ULTRAS



PEAK DISTRICT SOUTH & NORTH 41 / 52 / 93 KM ULTRA TIME TRIAL COVID-19 BRIEFING & SAFETY PLAN 2020

RACE RULES

A reminder of the race rules so that all competitors and staff have a safe, fair and enjoyable race.

1. Race number must be visibly worn on the front of your body at all times during the race.
2. You must ensure your race number is recorded by our course monitors during the race. Please do not move onward until they have acknowledged noting it down.
3. In some instances, athletes may be advised on their pacing to safely meet any cut-offs.
4. The use of support teams is not allowed.
5. The use of mules or pacers, or non-race entered accompanying runners is not allowed.
6. You must complete the course on foot with no assistance from vehicles of any kind for transportation.
7. Dogs accompanying racers are not allowed
8. No illegal drugs or alcohol are allowed during your race.
9. If you stop for a substantial length of time (over 30mins) find an area with mobile phone reception and contact RACEHQ via SMS or a phone call.
10. You must remain on the course at all times, unless directed to make a course amendment to detour around a hazard
11. You can use pubs, shops and cafes along the route to resupply
12. You must have demonstrable navigation ability to follow paths and trails in daylight and night.
13. You must carry the COMPULSORY KIT at all times whilst on the course. We may spot check at any time during the race for safety. If you don't you will be deemed unfit to continue and withdrawn from the race.
14. If trackers are used during for the race, these will be taped to your rucksack strap in a position which ensures best signal transmission. This should not be moved or removed until the end of the race. You are responsible for looking after the tracker device and for handing it in to Race HQ when you finish. If you fail to do this you are responsible for any charges associated with returning the tracker.
15. Tackers (if used) may have an SOS button fitted. This is for emergency use only. Its activation will result in race safety team(s) being mobilised and potentially blue-light services such as Mountain Rescue, Police and Ambulance. Racers understand that by pressing the SOS button their race is over at that point.
16. In the event of adverse or extreme weather the race organisers reserve the right to amend the route and programme accordingly. You will be informed a.s.a.p. at the nearest checkpoint (or monitoring position) and will be briefed when appropriate. However, athletes who have completed the route prior to any significant amendments (original route) will rank higher if they complete the course.
17. In the event of adverse or extreme weather you may be held in certain areas on the course or at a checkpoint. This is when course conditions are a danger to your well-being. In this scenario we cannot be held responsible for any additional time this adds to your race and

RANGER ULTRAS



PEAK DISTRICT SOUTH & NORTH 41 / 52 / 93 KM

ULTRA TIME TRIAL

COVID-19 BRIEFING & SAFETY PLAN 2020

you will be released as soon as possible, and when possible in order. However, cut-off times may be amended to allow for delays. We are not in charge of the weather.

18. If you are deemed unsuitable to continue at any stage of the race, the race organisers reserve the right to withdraw you from the event. This could be for the following:
 - i Medical grounds – Fatigue, injury, previous medical condition etc. Not all injuries will require withdrawal from the event and it is at the discretion of the medical staff.
 - ii Cheating – Not completing the course as marked/ instructed, using public transport or receiving outside assistance etc other than what is specified.
 - iii Unable to complete the course in the allotted time.
 - iv Unsociable behaviour.
 - v Poor navigation skills.
 - vi Unsafe racing.
19. If another individual is in need of emergency assistance it is expected that you provide assistance. The race organiser will credit any time spent assisting with the aid or rescue of a fellow participant.
Note: Time credit begins from the time reported to race organiser / race official and help arriving so that you are released to continue on the course. Emergency assistance does not include slowing down to accompany fellow racers unless there is real distress or welfare concern.
20. You must agree with the participant waiver prior to joining the race, and complete the medical questionnaire and supply this prior to race start
21. The race organisers reserve the right to amend or update the rules or terms of entry at any time without prior notice or recourse

IN THE EVENT OF AN EMERGENCY OR IF YOU / ANOTHER PERSON REQUIRES ASSISTANCE

Contact Race HQ on number issued at RACE REGISTRATION

If the incident is a medical emergency: Dial 999 then ask for POLICE then MOUNTAIN RESCUE

Stay on the phone and follow their instructions.

As soon as you are safely able to do so (possibly on a different phone) also contact RACE HQ, as our safety team may be quicker to deploy additional help to your location.

RANGER ULTRAS



PEAK DISTRICT SOUTH & NORTH 41 / 52 / 93 KM ULTRA TIME TRIAL COVID-19 BRIEFING & SAFETY PLAN 2020

VOLUNTEERING

We welcome volunteers to our Ranger Ultras races.

There are various roles available:

- On course marshal / refreshments / safety team
- On course sweeper
- HQ race times & results board
- HQ hospitality

In return for a day with us, as a sincere thank you, we offer free personal entry for you into any of our Ranger Ultras' one day trail races or Ranger Expeditions' guided open group challenge walks (see below).

To volunteer, please contact: rangerexped@gmail.com

With some brief details

- Your name
- Your mobile number
- Your email
- Where you'll be travelling from
- Event(s) interested in volunteering for
- Role(s) you're interested in
- Any special diet or medical conditions we should be aware of (in confidence)
- Your emergency contact person:
- Emergency contact number
- Event(s) you'd like join as our thank you for volunteering.

RANGER ULTRAS



PEAK DISTRICT SOUTH & NORTH 41 / 52 / 93 KM
ULTRA TIME TRIAL
COVID-19 BRIEFING & SAFETY PLAN 2020

COURSE NOTES 41km STAGE 1 – Clockwise



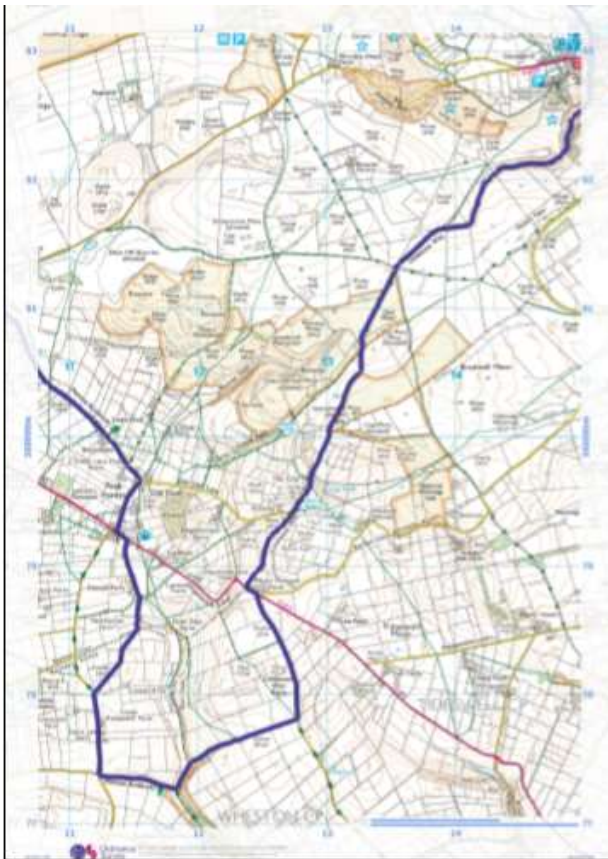
RANGER ULTRAS

PEAK DISTRICT SOUTH & NORTH 41 / 52 / 93 KM
ULTRA TIME TRIAL
COVID-19 BRIEFING & SAFETY PLAN 2020



RANGER ULTRAS

PEAK DISTRICT SOUTH & NORTH 41 / 52 / 93 KM
ULTRA TIME TRIAL
COVID-19 BRIEFING & SAFETY PLAN 2020



RANGER ULTRAS



**PEAK DISTRICT SOUTH & NORTH 41 / 52 / 93 KM
ULTRA TIME TRIAL
COVID-19 BRIEFING & SAFETY PLAN 2020**

COURSE NOTES 52km STAGE 2

**Outbound up William Clough
Return via Mill Hill**



RANGER ULTRAS



**PEAK DISTRICT SOUTH & NORTH 41 / 52 / 93 KM
ULTRA TIME TRIAL
COVID-19 BRIEFING & SAFETY PLAN 2020**

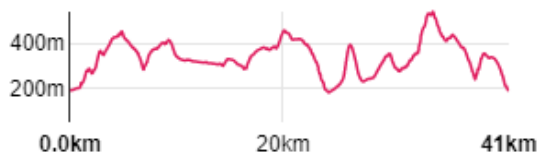


RANGER ULTRAS



PEAK DISTRICT SOUTH & NORTH 41 / 52 / 93 KM ULTRA TIME TRIAL COVID-19 BRIEFING & SAFETY PLAN 2020

ELEVATION STAGE 1



Lowest 182m Highest 543m
Total ascent 1638m

ELEVATION STAGE 2



Lowest 191m Highest 631m
Total ascent 1637m

Stay up to date with our latest race news, training courses and guided challenge events on our regular Facebook and Twitter updates, Ranger Ultras and Ranger Expeditions websites.

RANGER ULTRAS EVENTS

Here's our complete Ranger Ultras trail running race series:

- Pennine Bridleway PB18 Trail Time Trial
- Pennine Bridleway PB55 Ultra Time Trial *
- Pen Y Ghent 50km Ultra
- Yorkshire 3 Peaks 70km Ultra
- Yorkshire 3 Peaks 100km Ultra *
- Peak District White Peak 50km Trails
- Peak District Dark Peak 43km Challenge
- Peak District South & North 93km *

* Ranger Ultras' Grand Slam Series events

We organise trail running races with the emphasis on adventure in the hills. Complete Racer training skills sessions are available year-round. We are also the only Official Training Provider for the Montane Spine Race, with a progressive programme of expedition race skills.

To help you prepare for your adventures in the best possible way, we also offer excellent value Navigation and Hill Skills courses for Ultra, Point Score and Expedition Style races, with instructors who are approachable, keen to share knowledge and help you achieve your aspirations.

RANGER ULTRAS



PEAK DISTRICT SOUTH & NORTH 41 / 52 / 93 KM ULTRA TIME TRIAL COVID-19 BRIEFING & SAFETY PLAN 2020

RANGER EXPEDITIONS EVENTS

If you, or friends and family, also like a more relaxed pace and a great day in the hills, we also offer Ranger Expeditions' challenge walks, guided and supported by local Mountain Leaders:

- Peak District 3 Peaks Challenge
- Edale Skyline
- Hayfield Skyline
- Kinder Skyline
- Kinder Scout Summer Specials
- Yorkshire 3 Peaks Challenge (Guiding and support)
- National 3 Peaks Challenge (Guiding)
- Kilimanjaro Tanzania (bespoke groups)
- Mt. Meru Tanzania (bespoke groups)
- Crater Highlands Tanzania (bespoke groups)
- Guiding and Logistics support for your personal challenge
- Navigation, hill skills, race skills and expedition training

KILIMANJARO & AFRICA EXPEDITION TREKKING SPECIALIST

"I have guided clients on many treks in Africa...to the summit of Kilimanjaro, along the sands of the iconic Skeleton Coast and superb wilderness journeys. I have also been the expedition leader, working closely with local experts, for safari and wildlife experiences such as chimpanzee tracking in Kyambura gorge, Uganda. For World Challenge schools' expeditions, I have led developmental experiences on NGO and community projects and was the first World Challenge expedition guide to lead in Rwanda" – Stu Westfield

RANGER ULTRAS

<http://rangerultras.co.uk>

RANGER EXPEDITIONS

<https://rangerexped.co.uk>

RACE BLOGS, EXPEDITION JOURNALS & EXPERIENCES

<http://stuwestfield.blogspot.co.uk>

Your event organisers,

Stu Westfield & Peter Lowton

Ranger Expeditions & Ultras

